

Black Bean Hummus - USDA Recipe E24 for Schools

Meal Components: Vegetable - Beans / Peas, Meat / Meat Alternate

E24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, rinsed, drained	6 lb	2 qt 2 2/3 cups (approx. 1 1/2 No. 10 cans)	12 lb	1 gal 1 qt 1 1/3 cups (approx. 3 No. 10 cans)	1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.
*Dry black beans	6 lb	2 qt 2 2/3 cups	12 lb	1 gal 1 qt 1 1/3 cups	
Canned low-sodium garbanzo beans or chickpeas, rinsed, drained	6 lb	3 qt 2 2/3 cups 1 Tbsp 1 tsp (approx. 1 1/2 No. 10 cans)	12 lb	1 gal 3 qt 1 1/3 cups 2 Tbsp 2 tsp (approx. 3 No. 10 cans)	
*Dry garbanzo beans or chickpeas	6 lb	3 qt 2 2/3 cups 1 Tbsp 1 tsp	12 lb	1 gal 3 qt 1 1/3 cups 2 Tbsp 2 tsp	
Lemon juice		1 qt 1/2 cup		2 qt 1 cup	
Fresh garlic cloves, peeled	12 oz	2 2/3 cups	1 lb 8 oz	1 qt 1 1/3 cups	
Olive oil		1/4 cup 2 Tbsp		3/4 cup	

Ground cumin		2 Tbsp		1/4 cup	
Ground white pepper		1 Tbsp		2 Tbsp	2. Using a rubber spatula, scrape black bean mixture into a large bowl.
Fresh cilantro, diced	3 oz	1 qt 1 1/4 cups	6 oz	2 qt 2 1/2 cups	3. Add cilantro. Stir well. 4. Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly. 5. Critical Control Point: Cool to 41 °F or lower within 4 hours. 6. Critical Control Point: Hold at 41 °F or lower within 4 hours.
(Optional) Whole-grain tortilla chips	3 lb 4 oz	500 chips	6 lb 8 oz	1,000 chips	7. (Optional) Serve with chips. 8. Portion with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

OR

Legume as Vegetable: 1/2 cup legume vegetable.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

OR

Legume as Vegetable: 1/2 cup vegetable.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Dry black beans	6 lb	12 lb
Dry garbanzo beans or chickpeas	6 lb	12 lb

Serving	Yield	Volume
See Notes	50 Servings: about 14 lb 10 oz 100 Servings: about 29 lb 4 oz	50 Servings: about 1 gal 3 qt 1 1/4 cups / 2 steam table pans (12" x 20" x 2 1/2") 100 Servings: about 3 gal 2 qt 2 1/2 cups / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	126	Saturated Fat		Iron	1 mg
Protein	6 g	Cholesterol		Calcium	64 mg
Carbohydrate	19 g	Vitamin A	110 IU	Sodium	199 mg
Total Fat	3 g	Vitamin C	11 mg	Dietary Fiber	6 g